



Troubling Times
Dylan-born student worries about his future.
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SPOKE

A LEARNING HUB FOR JOURNALISM STUDENTS



Football Fantasy
Canadian goalie hoping to make his mark.
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WEDNESDAY, APRIL 9, 2014

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Conestoga College students helped raise autism awareness during World Autism Awareness Day on April 9.

College marks World Autism Day

STORY AND PHOTOS BY LINDSAY HARRIS

Conestoga College was in up to the wane on April 9 as the college took part in World Autism Awareness Day to help draw attention to autism, a neurodevelopmental disorder that affects tens of millions of people worldwide.

In 2007, the United Nations General Assembly declared April 9 as World Autism Awareness Day (WAAAD), and every year since, nations organize activities around the world have marked the day with fundraising and awareness-raising events. This year is the sixth time the event has been held but the first time Canada has been involved.

From 10 a.m. until 3 p.m., a group of Conestoga students with autism and Asperger's syndrome took turns staffing an information table sharing their stories and handing out pamphlets and gift bags — all as an effort to educate people about autism spectrum disorders (ASDs).

The group, called the A Team Autism, Asperger's, Awareness meets weekly to socialize, chat about their hobbies and interests and support one another.

Blue light bulbs — as part of the international movement to "Light it up blue."

In 2013, the campaign, run by Autism Speaks, saw nearly 1,000 locations in over 400 cities across 46 countries and on six continents illuminated in blue to show a bright light on autism.

An estimated one in 68 Canadians — as many as 150,000 in Ontario — have ASD. Last year, more than 800 students with the disorder gathered for support at Ontario colleges and universities.

The A Team wants to educate people about autism as well as encourage support and acceptance for individuals with ASD. They believe many people still have misconceptions about the disorder.

One thing the group wants people to know is that autism can look different to each person. There is a wide spectrum of abilities and people that no symptoms exist diagnoses.

The remaining message from all students was that not all people with ASD are just "stuck with the same brain."

Computer engineering technology student Alex Blomberg said he thinks people need to speak more to people with autism and Asperger's. "If they speak to someone with autism that they actually treat that person as a better person than what it's really

all about."

"There are those of us with Asperger's syndrome who think outside the box, but there's also those who don't," he said.

People with ASD often have difficulties with social interaction and communication skills. This can be especially challenging on a college campus.

Lisa McCreary, a health office administration student, agreed and said it can be difficult to manage in classes that deal extensively with communication. "I think that 70 per cent of communication is non-verbal and we can't really read body language, so it's kind of a barrier in communication."

Sam Martin, a student in the business specialist program, said he often has difficulty reading other people's body language and that this is a problem many people with ASD struggle with.

Martin said one of the common misconceptions people have is "That we can't do anything."

"If they think that then they're wrong, because I can do," he said. Martin joined the Canadian Ski Patrol and is also a ski instructor at the Waterloo Trekki Ski Club. "So that shows I'm successful at what I do and I'm motivated." He said he also



love playing and he plays the saxophone. "Music is one of my specialties."

A student who couldn't be there wrote a letter addressing the stereotype.

"There is a thinking out there that people with Asperger's lack empathy and that's false. We are in fact, very empathetic and care deeply for other people. It's true that when we get caught up in our own preoccupations, particularly when we're upset, we might withdraw into ourselves but it doesn't mean we lack the capacity to think about others and what they experience."

The group wants people to know that all of their varied

interests are a part of who they are and they have many things that define them other than autism.

Though they are unique in many ways — with talents ranging from drawing, playing instruments and bicycling — they aren't so different in their desire to study, learn and build a life. They are the group that helped them in that more involved in college life.

McCreary said she enjoys having the other group members to talk to because they are accepting of her quirks. "It's just nice to have people that get you," she said.

"It's nice to have people who love you for you."

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could have any hidden talent,
what would it be?



"To be a great soccer player."

Ahmad Alsharif,
first year
English student/English



"A great actor and a movie star."

Mohammed Elshorouk,
first year
English student/English



"To be able to fly anywhere without a passport."

Ursula Patel,
second year
technology student



"To have all of the knowledge in the world."

Marky Patel,
first year
Science/PS



"Super speed or freezing time. If I could do both, I would do both."

Aaron Hershkov,
first year
journalism student



"God made all the time."

Steve Spake,
first year
journalism student

Swap your stuff

BY AMY HODGSON

Plastic bottles, tin cans, cardboard and coffee cups might be the most common items recycled, but there's a lot more you can be doing.

While Earth Day, a world-wide demonstration supporting environmental protection is usually observed on April 22, Conestoga plans to put on the day with collections and educational activities on the Doon campus from April 18 to 19.

The college is partnering with the Canadian Diabetes Association and the Working Centre, a non-profit organization based in Kitchener, to collect reusable clothing, electronics and household items.

"Just because a person does with an item, it doesn't necessarily mean that that item can't be used again," said

Jean Volakis, Conestoga's environmental programs coordinator. "There are all sorts of different ways to give materials a second chance."

Volakis said the collecting comes at the perfect time, as some students are moving out of their temporary residences and others prepare for warm weather by spring cleaning.

Working with a recycling the working campaign will also highlight the proper recycling of electronics.

"A lot of the materials in electronics are pretty toxic if they're just left in a landfill," Volakis said. "So we're giving people the opportunity to get rid of them in a safe way."

Collections run all week but April 17 will feature special activities.

A recycling type of Olympics, in which students will race to sort and recycle different materials

from around the college, will allow students with the best times to enter into a draw for prizes.

The idea is to promote the fact that, while you might be comfortable recycling at home, the system's different at the college," Volakis said. "We want to make sure you don't get paying attention to the message."

Students will also be able to sort through the items brought in for collection on the 17th and take what they want as part of what Volakis is calling the "Stuff Swap." Leftover materials will be donated to the Working Centre.

While it might only be Conestoga's second year actively participating in Earth Day, an event created since the 1960s, the college hopes to teach students that recycling is more than just a blue bin.

CELEBRATE EARTH DAY

WEDNESDAY APRIL 17

10AM - 1PM STUDENT LIFE CENTRE

PARTICIPATE in our Stuff Swap!

Is this garbage? Is it recycling?

Compete in our SORTING COMPETITION!

PLANT your own sunflower!
and so much more!

ALL WEEK AT DOON

STUFF SWAP

Drop off your gently-used items in good repair to the Student Life Centre to be donated to our student community and the Working Centre!

BATTERY & ELECTRONICS DRIVE

Bring in your batteries, electronics and laptop/cam/lights to CSE Staff Server to be donated to ThirdWorldNet!

CLOTHING DRIVE

Bring in your gently-used clothing all week to the bins in the Student Life Centre to be donated to the Canadian Diabetes Association!

TAKE CARE OF YOUR PETS

K-W Humane Society promotes proper animal-care education

STORY AND PHOTO
BY MARK FIDELLER

Getting your first pet can be exciting — and fill you with happiness. If only people would remember that feeling when their pet goes missing.

There are many others whose pets have disappeared, and then gone up looking for them. Or they abandon the animal on purpose because they don't care about it anymore.

That's where the Kalamazoo-Windsor Humane Society (KWHS) steps in, helping to give animals a second chance at happiness even a third or fourth chance.

Jill Larson, a Kalamazoo College graduate from the police foundation program, is an animal protection services officer for the KWHS and enforces the humane treatment of animals and the safety of the public.

"I joined K-W as a daily handler and eventually became an advocate. Calls are taken from the public and I respond to concerns, work on cases of bites, dogs running at large, injured or sick wildlife and domestic animals, dog houses and stray dogs often caused animal stress," he said.

K-W HUMANE SOCIETY FAST FACTS

- There are some facts about the KWHS you may not know
- In 2012 they cared for over 4,200 animals
- 51% of their revenue comes from community support and charitable donations
- They began right-winging in a shelter in Kalamazoo in 2007
- In 2012 they adopted over 30,000 children about proper animal care

Josh Kunk, executive director at the KWHS, said it is important to educate the community about the proper treatment of animals. Kunk said, "We need to make sure that we are doing it right."

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are a big problem, and that people should be proactive and get their pets spayed or neutered.

"Simple steps could prevent the amount of strays. It's as easy as getting your dog licensed keeping your cats indoors and having your pets spayed or neutered," Larson said.

The KWHS has a lot of information about its office for people who need that extra bit of information about their pet. They include "Foster Dog Training," "First Night Home With a New Dog," and "Introducing Dogs and Cats."

The KWHS also provides after-school programs to help educate the community about the proper treatment and well-being of animals. They have teachers in staff who work with the school board to provide additional information and even guest speakers for the students.

Larson said the Kalamazoo-Windsor area benefits from the KWHS in many ways. "The care and control of wildlife and domestic animals is a 24/7 job, and we're on there 24/7. Every minute we give a second chance at a good home through the collaboration of many caring people, and through the support of the community. An unbelievable amount of animals are brought in to us, never to be picked up by us, or without the KWHS and the support from the community, many animals would be without homes, running the streets and without the care they need," Larson said.

All of the animals brought into the humane society are rescued animals and it is sometimes difficult to return the animal to the owner because the animal has no tag or unit located.

"Our biggest issue is cats. About two-thirds of the animals here are cats. Although dogs have a 45 per cent chance of returning to the owner, cats have about a 10 per cent chance," Kunk said.

It is difficult to locate and care for all of those cats, especially the ones that are injured.

Humane society having a second chance at the shelter can be dangerous for the other animals.

If a cat is brought in, the veterinarian must check it, then the cat may have to



Josh Kunk, executive director at the Kalamazoo-Windsor Humane Society, plays with his dog, Jack, in his office. Jack has been rescued twice by the humane society.

be euthanized as a last possible measure.

"We don't like to euthanize animals. We the last thing that we would want to do, but sometimes we have to, to prevent a disease from spreading," Kunk said.

The KWHS provides an adoption service, helping to put their animals in "better homes."

Eric D'Arcy, owner of D'Arcy's Dog Training & Pet Services in Comstock, said the KWHS is really a good place to get a pet.

"One kind of know what you're getting. They do a personal visit to determine the animal's problem, like if it is good with children. And they already come spayed or neutered," D'Arcy said.

She also said it is a great way to save money when looking for a pet because some breeders can be really expensive. She said that although a lot of breeders are good, some are just out to make a quick buck.

D'Arcy has an animal lover from Kalamazoo and when she has enough time to care for an animal she is going to adopt one from the humane society.

Animals need love, even the older ones or the ones that have been left behind, then said.

"The KWHS also provides lost animal care. They advertise all the lost pet needs, although reports are performed at a different location that has a proper opening room. The veterinary care that they provide is their 'foster adoption expense' costing is at about \$100.00 per pet."

With the school year coming to an end the KWHS has a few concerns that they feel the community should be

aware of. Kunk and volunteers often decide to get a pet at the beginning of the school year and check in at the end of the year. He wants students to be aware that the KWHS is addressing the problem by providing a foster care program where students can adopt an animal for the school year and return it afterwards if they so choose. It helps limit the number of strays and gives the animals a home. It may even lead to a permanent home.

"As the spring weather is approaching I ask that people be aware of wildlife on our streets and on our property. It is best to leave the animals alone, and if they appear to require assistance please do not intervene and call the humane society," Larson said.

The KWHS provides a necessary service to the community that no other pet organization. They ask the people to be educated about their pets and care for their property. "The KWHS is a team of caring and compassionate men."



In 2012 over 4,200 dogs, cats and other animals found "better homes" through the KWHS adoption service.



Of all the animals cared for at the KWHS, over 60 per cent of them are cats. Only 1 per cent of stray cats are rehomed.

from the community. I strongly encourage people to research and ensure they have the knowledge they need to be responsible pet owners," Larson said.

A gun-free world will never exist

BY RYAN GOODMAN

Recently there was another shooting at Toronto's Yorkdale mall, which left one man dead and one injured with major injuries.

Ever since the Sandy Hook Elementary School shootings in 2007, the talk of gun control has been on the lips of every politician worth their salt. Of course, like most politicians across the United States who deal with this, this debate has drifted across the table into Canada. No doubt the shooting at Yorkdale will only stir the pot more.

While a world free of all guns and ammunition may seem like a paradise to some people, it is not feasible. The real fact is the planet cannot function properly without guns and ammo. People cannot hunt for food, police can not do their job properly and the rights of these citizens are enough to mean firearms are strapped on. The world has revolved and evolved for years with guns being present.

So it isn't how the world is. It's merely, our culture and the way we interact with people here and there that's the reality.

It would be ignorant and naive to think that if there were more gun restrictions, fewer shootings would occur. Drugs are illegal, so is prostitution, but still, picking up on streets of narcotics is almost as easy as going and picking up a case of beer. The point here is gun because something is made illegal, or has some restrictions on it, does not mean people won't use it or won't be able to use their brains and, in fact, the situation is usually the opposite with less control and illegal trafficking on the worldwide and worldwide.

What the government needs to be focusing on is our social programs for at-risk people and street gangs.

Many of the people involved with street gangs are youth. Gangs deliberately target these and young adults for recruitment and to do their dirty work. That is why more often than not the gang those you see strutting back at you on the wrong side are youth and not those of middle-aged adults.

Random violence seems to have descended upon us from such cities as Tokyo's nearly because of technology. It's hard for people to learn live people live on the same street as them. The point is people don't live at each other as neighbours anymore, but the time they don't even register to the same as people. This may be part of a sign of the times, or due to overpopulation and crowded urban areas, but it does not take away from the fact that it is a serious problem. We need to start leaving our neighbourly ways, instead of doing any thing else because of some petty prejudice.

The issues here represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the

editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

We apologise letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication. Small letters to newspaper@spoke.com with the subject line

"Letter in the Editor," written from the address, 1030 St. John Street, will be published.



It has happened to all of us. Run on broad daylight. Sometimes you don't even know it's happening before it's too late. Usually it happens in malls. But whatever doesn't happen parking lot, there's them. And here's a warning.

College, do no different. There you are, standing your own business, looking the long trail back to your vehicle as you run finally get home. Or maybe you just want to make a stop in your car. When and where you know it.

The right time of an accident. Maybe the thought of loss as you stand walking back, but you know it's already too late. You're home spotted.

Your best friend running a red your mouth gets dry, but you put your head down and press on, hoping for no eye contact.

If you get in your car without being spoken to, count yourself lucky. But by the time you get to your vehicle, you're sweating and fumbling with your keys to unlock your door.

Just hope of taking a breath before entering your car has been a disaster. You don't even have time to the your car keys or answer that last text message. Thankless to be damned.



Stephanie LeFebvre
Opinion

you have to move. Now you feel the pressure to pull out of your spot faster. So you do. Driving away in the only way to escape. At the next stoplight, you'll have a second to make your breath.

Your position is the parking lot lurker. You know the type: they follow you as your vehicle as long as getting your parking spot. This lurker is more often seen at malls especially around Christmas or when busy shopping weekends, but they do most your work.

The time it takes them to follow you to your car, wait for you to get in, park in your lot, wait, wait, wait. The engine, back out and drive off and then watch them own more in exactly enough time, if not more, to park on their lot, make sure and walk into the mall or school or wherever.

The way I look at it is if you follow me on the parking lot and proceed to make me

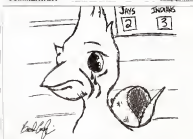
feel uncomfortable by making me where my car is, chances are I will try to keep walking without stopping.

You are still a stranger and quite frankly, you're lazy. It does not make the world or it has for many your destination as if you know that and a heartless, and are not physically disabled — that's what handicapped means are for — you should be able to park in a my version of the parking lot and walk as you like everywhere else.

If you have faith within the parking lot lurker, have are a few tips. One, never walk quickly. Lurkers are used of following slow people and avoid search for a new victim.

Two, never walk directly to your vehicle. My favourite technique is to walk through one parking lot, to walk to another one, which involves keeping a car.

And lastly, if a lurker asks where your car is, be. Tell them it's somewhere they can make work, so that you are just walking around to get some exercise. It'll give you extra time to get to your vehicle and escape unnoticed.



The Blue Jays lost their first two games, despite receiving their payroll by \$400k.

Beware of parking lot lurkers

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RE⁵^{years}PECT

OUR RESPECT REPS
WOULD LIKE TO WISH YOU

GOOD LUCK ON YOUR EXAMS
AND TO HAVE A GREAT SUMMER!

**THANK YOU
DAY**

LOOK OUT FOR OUR RESPECT REPS
AROUND CAMPUS AS THEY SHARE
THEIR OWN WAYS TO SAY ...

THANK YOU FOR BEING THE DIFFERENCE

**MONDAY
APRIL 15**

Hosted by
Cal Student Life
and
RE⁵PECT

Syrian-born violinist looks to future

BYRON MUMFILL

Zakir Mumtaz, 34, is a classically trained musician and a University of Guelph student currently finishing his bachelor's degree in microbiology. He is usually a glass-half-full kind of guy who has a smile that never fades.

Yet in today's news every day presents a unique challenge.

"It has kind of become a daily ritual for me," he said. "Looking at the news I just don't feel so good. I would be sitting at the number of any country, hearing a million in the morning and I would be learning about people who have just lost their homes and sometimes I would see just bodies, dead bodies."

Today Mumtaz lives in Guelph, but before he moved to Canada at the age of 15, he grew up in Damascus, Syria, where his mother still resides.

March 15 marked two years since the beginning of the Syrian revolution, which has turned into a civil war that has killed over 70,000 people. More than a million Syrians, about 1 per cent of the country's population, were forced to escape their war-torn country, and more than 10 million people across the border every day. About one in three children have been injured and more than 10 million children are estimated to have been affected, suffering from malnutrition and disease.

"There have been a few times in the news reports when I recognize that I have walked in many times and my background (parents) there would be a dead body. And it would be really sick, say the way to see something like that," Mumtaz said.

The Syrian revolution was one of the many uprisings in the Middle East and North Africa fueled by a revolutionary wave of democratic ideas, protests and civil wars that began after a four-decade career of control on Gens in Tunisia in December 2010 after police confiscated his flat and beat him and the government refused to see him about having his items returned.

In mid-March 2011, a week before the Syrian uprising began, a group of at least 25 boys in Damascus, Syria, organized a protest against the government. The slogan, which is changed to many protests translated to, "The people want to topple the regime."

These children, between 10 and 15 years old, were then captured by the police, under the leadership of a cousin of

President Bashar al-Assad, jailed for two weeks and tortured. The boys were part of his families in Damascus. The uprising grew as the citizens rioted on the streets and the government tried to suppress the protesters by killing them.

Over the past few years, Syria has been at a state of unrest with full-scale battles and attacks on the streets.

"I feel like because this has been going on for two years, I can't be trapped on the news table of it and it's something I have no control over. It's kind of hard for me to document myself from it since my mother is there," he said. "It is hard for me to deal with a friend and at the most unexpected time, something would happen, like a memory from home, and all I would think about is the people who are living in their right now or the people who are living in refugee camps and I would feel at least a bit sad," he said.

“There are times when I'm on the phone with her and I can hear explosions in the background.”
— Zakir Mumtaz

"It's a unique challenge to be living in such a good place when your home is in a bad place and people are really unhappy so I wouldn't say that's the biggest challenge in my life," Mumtaz said.

About two months ago, Mumtaz's mother was sitting in her office, when an explosion that occurred a few metres away from her work shattered her office windows and doors.

"She put a few more shots, but sometimes in my life was really frightening. She was in her office. Every time and then there's a new shot, like that, like some one with a rifle, come in it and we don't know what's going on. These things every different risk point to the future at some point."

As a child growing up in Syria, Mumtaz doesn't mention his mother's name to school from his parents, rather than become the president.

"I would remember at a daily basis the translation we would put in in reason, like if someone is not cooperating properly, like this who are before the age of 12 would be the most common by the teachers and by the principals on a daily basis," he said. "That's exactly why I never thought about being over good and proud because everyone is very well conditioned in not speak up and I remember that, maintaining very well

When I was a kid I never made anything out of it, that was my life on a daily basis. You repeat these stories, you hear all of these derogatory comments being made and you just accept it."

"It was given that machine back then and now what was happening now, I would have had a hard time believing it."

Mumtaz calls his mother every day to put his mind at ease. "There are times when I'm on the phone with her and I can hear explosions in the background. I can hear people in the background," he said. "Definitely if I don't get the chance to speak with her every day I would be a lot more worried."

But throughout these tough times, Mumtaz's mother still finds reasons to smile.

After the explosion at her office she and her co-workers had to leave the building.

Mumtaz said, "There were certainly fragments of my life going up in the air. The way she was describing it was really surreal, but the whole time she was kind of laughing it off and telling me the devil got out of it. She'll be glad about taking things with that kind of grace."

"I don't think I'll be fragile mind. Sometimes the best coping mechanism is to just laugh things off and to joke but at those times when they're not very funny."

Just like his mother, Mumtaz remains strong and positive, seeing the good news alongside the bad.

His close friend, Isaac Sherif said, "We're an amazing person, really fun and super talented."

Despite the hardship in the country he has left behind, Mumtaz remains very optimistic. After finishing his final school year in Guelph, he plans to follow his heart and his passion to the music scene in Montreal.

"The my favourite city I've been to love with it since the first time I was there and every time I find it really hard to leave, just because it's so good."

He hopes to be able to perform more of his classical music when it can be appreciated.

"I've been playing violin for 14 years now and I've only been getting more passionate about it since the years," he said. "For now I would like to take some time to live in a place I really like and make music and learn by the way."

The situation in Syria also allows him to perceive life in a different way.

"One thing about the conflict back home is that it has been a very relaxing experience for me. I feel that it has kind of shifted my perspective of the



MUMTAZ BY KYLE HARRIS

"I would watch other violins on TV or I would go to orchestras events, and I thought they seemed amazing. I really wanted to be like them," said Zakir Mumtaz, 34.



Mumtaz performs outside at the University of Guelph on March 28. He has been playing the violin since he was 20.

world. It also got me to realize the privilege that we have as Canadians or as people living in the west and it makes me realize that the lives of other people around the world are not perceived as equally valuable as our own."

He added this, "I realized that we have to be thankful for what we have. I kind of do want to change the world in my own little way and I would like to live in a world where everyone's lives are equally as valuable as our own."

Every girl can feel like a princess

BY HANNAH BARNETT

The lights were shining and the runway was clearly marked by surrounding rows of people wearing crowns for the music to start and the first model to take the floor. This may seem like a scene from fashion week, but three Conestoga event planning students took on the challenge of hosting a fashionista fashion show at The Museum at downtown Kitchener on March 20.

President was conceptualized by post-graduate students, Ashley Froehner, Priscilla Bekins and Susan Wiley, they teamed up with EW Fashion Project to help bring more awareness to the local community.

According to an April 2012 MSN money article, the average gown costs between \$600 and \$1,000. With other expenses such as transportation, hair, makeup and modelling assistance, some fashion shows afford to help their cause with the steep costs of attending a formal dance.

The Princess Project is a non-profit organization that helps young women who cannot afford to buy a new dress experience their high school prom and, significantly, by giving them a dream, lightly at no cost.

KW Fashion Project accepts donated dresses, accessories, shoes and such. Kelly Stone,



PHOTO BY HANNAH BARNETT

Conestoga event planning students Priscilla Bekins (left), Susan Wiley (center) and Ashley Froehner (right) happily show the spotlight with KW Fashion Project's daily drama of their fashionista fashion show, Princessing, held on March 20 at The Museum.

project co-ordinator of KW Fashion Project, said she realized the importance of this organization to the community when she was shopping for a formal dress with her daughter.

"I struck me that we were spending a lot of money on a dress that she was likely going to wear once or twice," Stone said. "I also knew that there are families living in our community where the cost of a dress is prohibitive to their attendance and participation in prom and such. I knew that there must be a better way and so I started doing some research and found this project."

Conestoga student and

event planner of Princessing, Ashley Froehner, and they contacted multiple fashion boutiques so they were able to showcase new prom dresses for young men and women to the over 200 people in attendance. People were also able to donate dresses at the show and ticket sale proceeds went to the KW Fashion Project which is still accepting donations.

You can donate your apparel at multiple locations, including Waterloo Sports Boutique at 60 University Ave. E., Waterloo, Glens Boutique and Salon at 67 King St. W., Kitchener, or at The Glass Box, at 700 Belmont Ave., Kitchener.



PHOTO BY HANNAH BARNETT

These models from the Conestoga modelling agency in Kitchener show off the latest formal wear fashions.

Exhibit makes you put on your thinking cap

BY HANNAH BARNETT

Are we there? Or are we there? That is the question Sarah Fardous struggles to answer. For her, the relationship between self and culture is the human-made environment to think and create history.

In her new exhibition, *Prison and Flesh*, she explores the relationship by creating figures in sculpture that represent the themes of imprisonment and assimilation, while still offering some appreciation for freedom of self expression.

"The environment surrounding us, usually our culture, is a very beautiful thing, but sometimes we have to question our freedom as it," Fardous said. "Through my sculptures, I try to explore this phenomenon as, best I can, hoping for some kind of answer. Are we forced to put up with the face of contemporary culture?"

Prison and Flesh is part of Fardous' "old series" which contains elderly people with young people displaying how cultures conflict with one

another. The name of the show refers to her old series as a literal sense, as her highly detailed, forward pattern faces are presented right into their concrete planks.

Fardous believes the same culture that seems to events we will inevitably tap as. As the consumer-driven or temporary culture takes over our lives, we'll only see limited opportunities to freely express ourselves. That's why she intends her work to question rather than answer them.

"I want people to walk by my exhibits and wonder if the

planks are symbols of the city life and culture people are immersed by or if they're just used to display the concrete self-expression of the character," she said. "I do this by combining the old and the young in my work."

Fardous' husband, Jerry Chen, a computer science major, has been impressed with her work with her since she started it.

"Her work is timeless and unique, I've never seen any thing like it before," he said. "She tries to express a message that makes you think while you gaze at the work."

Fardous was born in 1987 in Toronto. She received a bachelor of fine arts degree from the Ontario College of Art and Design and has had her work exhibited in the U.S. and Canada since 2007. Fardous is flesh stems from Fardous's thesis project on her final year of college and experiments with the traditional form of the bust. It can be viewed at the Preston Library in Cambridge until May 11.

For more information about Sarah Fardous and her work, visit her website at www.sarahfardous.com.



PHOTO BY HANNAH BARNETT

Sarah Fardous's sculptures express the battle between freedom of self expression and cultural imprisonment.



In My Own Words

Student discusses living with post-traumatic stress disorder

BY LINDSEY TRASKER

This is the third of a four-part series on the faces of mental health.

Four years ago I was sexually assaulted.

The incident left me physically and emotionally shattered — my university degree unfinished, my marriage dissolved — my self-esteem shattered down to nothing. I couldn't hold a job. I could not walk four blocks to the store by myself without being struck by the crippling fear that it would happen again. I could barely breathe around strangers and my nights were awoken by nightmares.

My life shrank to the size of my apartment. During normal tasks such as washing the dishes, I'd suddenly be taken back, reliving the moment it happened. Those flashbacks would last a minute or two but felt like an eternity. I became depressed and irritable, upset and lashed out at everyone around me.

Eventually, I was diagnosed with post-traumatic stress disorder and began the hard climb to wellness.

Post-traumatic stress disorder, or PTSD, is one of several anxiety disorders where people feel intense fear and distress for as little as minutes. As the name implies, PTSD is caused by a traumatic event involving threatened death or serious injury to oneself, or from witnessing such events.

The symptoms of PTSD usually begin within three months after the traumatic event, though they may surface many years later. The duration of PTSD and the intensity of the symptoms vary from person to person. For some people recovery may be attained in six months; for others, it may take much longer.

Anxiety disorders are among the most common mental health problems, affecting approximately one in 10 people. Other anxiety disorders include obsessive compulsive disorder, generalized anxiety disorder, panic disorders and phobias.

Cathy Crankbank, the director of the Waterloo Region Sexual Assault and Domestic Violence Treatment Centre, says it is not uncommon for many who have been sexually assaulted to develop PTSD.

"What we are seeing in the



literature is that around 80 per cent of women who are assaulted will develop PTSD," she says.

According to the National Institute of Mental Health, symptoms of PTSD can be grouped into three main categories.

The first is re-experiencing the event. This is the most characteristic of PTSD and it can happen in different ways. Most commonly the person has unwanted, recurring memories of the event, or recurring nightmares or flashbacks in which they can feel they are reliving the traumatic event. The anniversary of the event or triggers can sometimes bring these on more severely.

“If every white car is a reminder to them, they might work to avoid them as much as possible, or panic when they see one.”

— Cathy Crankbank

The second is avoidance. These symptoms often stem from the desire of a person to change their routine to escape similar scenarios to the trauma.

"People who have been sexually assaulted and develop PTSD might go out of their way to avoid restaurants or places that remind them of the trauma," Crankbank says. "If every white car is a reminder to them, they might work to avoid them to such an extent or panic when they see one."

A person with PTSD might also withdraw from friends and family, lose interest in activities they used to enjoy or have difficulty feeling positive or joyful. These are associated with trust or autonomy. Feelings of nervousness or guilt are also

common.

The third category is hyperarousal. These symptoms are all physical/physical. They can include having difficulty concentrating or feeling irritable, being easily startled, feeling tense and hypervigilant and having angry outbursts. These can add up to make it difficult for those dealing with PTSD to complete normal daily tasks.

Crankbank says there are also three ways that are central to healing. First and foremost is a sense of safety.

"You can't get anywhere without safety," she says. "Once someone is feeling safe, they can start mourning and remembering their trauma story. Without safety it just won't happen."

"People do well with a lot of support around them and they have people around them who say 'I believe you. But safety is the top one. If someone has been traumatized the first six months, your whole world is upside down and to be normalized by people who are supporting you and saying 'believe you, I'm here for you, that's top the most'."

The next step is being able to remember the story without reliving it.

The third she describes as rebuilding oneself in the world. This is the process where a trauma survivor works at rebuilding or figuring out who they are post-trauma.

The last big process doesn't just happen in a blink of an eye, though. It often takes a while. It takes a lot of work — much of which is undertaken eventually, knowing support will never have to do the same. It also requires helping yourself for any guilt or shame you might feel about the event. I would highly encourage anyone dealing with PTSD to see a counselor. The more you talk about it and process it, the more at least some of its power.

The last way I have heard PTSD described was not as an illness but as a world view. When something traumatic happens to you, your perception of the world becomes altered. I found it incredibly difficult to trust people after the assault. Even though I know it will get better, it will never be the same.

For me, trauma is more loss — loss of the person I used



Photo by Sarah Macdonald

Lindsey Trasker, a University College second-year journalism student and *Spokes reporter*, was diagnosed with post-traumatic stress disorder after a sexual assault. She says the rape has the strength and tenacity to move forward.

to be and the life I used to have. But an important part of healing for me has been moving forward with my life and not letting the disorder take my life.

Returning to school hasn't always been easy for me. During my second week at the college I walked by a group of guys talking about a popular online game and how they had "mop'd" an opponent player. Half an hour later I realized I was still watching the kids walk on like none of what was of the building I was in.

Yet so many days, journalism has saved me. I have always been a person of words to write and tell people's stories but it's more than that. It got me out into the world again. It forced me to face my fears. I got told to put my thoughts on a daily basis. I learned that I could handle being in a crowded room. I had a camera or pen and paper as my hands.

I hesitate to say that I'm healed or cured because I don't think mental illness works that way. But I have the strength and tenacity to move forward.

Deciding whether or not to share this story wasn't as

easy decision for me. To start with, reliving such sexual assault isn't something that I do routinely.

“The best way I have heard PTSD described is not as an illness but as a world view. When something traumatic happens to you, your perception of the world becomes altered.”

— Lindsey Trasker

Those crimes don't happen in a vacuum. They affect the survivor and everyone else to know or live in a world of ways. For me, writing about the trauma poorly re-experiencing the assault and violence. I felt during the assault. No why write about it at all?

When I thought about this question I realized I knew the answer all along. I wanted to share my story because so many have people shared theirs with me.

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Practise makes perfect

BY MIKE VIELLA

The very first soccer game was by the Centennial Cougars indoor soccer team as back as the dawn after the men's team was eliminated in Provincials.

The team went 3-0-0 in the round robin on the opening day of the tournament. The women's team finished fourth at Provincials with a heartbreaking 3-1 loss to Durban in the bronze medal game.

Coach Mike Krupar coached both teams and is extremely proud of their determination and resilience down the stretch.

He said they accomplished a lot throughout the season, but he believes the men's team could have done a lot more damage if it weren't for too many one goal games.

Krupar said, "We didn't get behind out of any game, so just couldn't score the goals we needed to."

He said the team finished in about the same place as last year, except this year they had more of a talented group. The team captured the Centennial All-star title.

He said the reason why the team didn't live up to its potential was because of lack of attendance at the

season's match practices. A lot of the players were absent due to prior commitments such as school work or part-time jobs.

Most indoor soccer teams throughout the Ontario Colleges Athletic Association practices were mostly making them to match better.

"The difference between the team that finished first and us isn't much individually, but there is a big difference in team play because they practice and practice!"

Krupar always stresses that skill only wins games but teamwork is always what wins games.

Next year Krupar hopes to have about 15 to 20 players for the indoor soccer team and plans to implement a new rule if you don't show up for practice then you don't play in the games.

He was unable to enforce it this year because the team lacked a uniform when it had all 10 players, so only five players showed up to practice, he would be forced to let the rest of the team go.

He said he will never back players off the team and year if they miss too many practices he might their

skill level or contribution to the team.

"If someone wants to be an athlete the teachers can talk to you all day about the theory but in order to be a good athlete you have to practice."

Krupar said the men's indoor soccer team is only losing about three players to graduation this year. Next season the team will have more experience and have more time to train their "unimpaired" style of play.

Krupar is always looking for players with similar techniques, tremendous speed and outstanding on field awareness.

He encourages anyone wanting to play the beautiful game of soccer to come out to next year's tryouts and to inform any future Centennial students about the team.

Krupar said soccer brings him this new world view. Krupar, who has been playing soccer all his life and has coached for over 20 years, is just as excited as ever to get new recruits under way.

"I was so excited for last season. My wife told me I love soccer more than I love her. I tell her I love her 10 times more than basketball though."

Students host feel-good volleyball tournament

BY CALVIN MCLELLAN

Spike-Me, Spagetti-Me, a pizza and a Squared were just some of the many dishes served that Centennial College students and their friends came dressed in when they stepped in to a charity volleyball tournament on March 22. Centennial's Proton, Proton, Proton, Proton, Proton (P5P) association organized last year's event in order to raise money for Special Olympics.

"Every player had to put in \$10 or donate more to play and most organizers and P5P students, Mike Ben."

This team participated in the event, including "Spike up your life," "Volleywood" and "Barny Town." Participants took up all three volleyball courts at the college's recreation centre, and played from 11 to 1 p.m.

"I think it's important to participate and show support for organizations like this," said Jason Price, a "Spike Team" team member.

"Students here, and anyone else in general, should realize that we can have a significant impact on members of the community," he added.

"This was a real day played meant for the duration of the event, and between games there was a raffle, a 50/50 draw and a barbecue to help raise more money for the chosen charity."

The P5P association consists of approximately 70 students who represent their programs and have decided to give back to the community.

"We just put our associations together this year," Ben said. "We are hoping to pass it on to the student groups next year, and we are hoping this will become a regular event."

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GETTING SCHOOLED ON THE HARDWOOD



PHOTO BY MIKE VIELLA

A group of Centennial students shoot winter hoops on April 3. The team also visits other venues open gym facilities throughout the month for students to break a little sweat, and have some fun between classes.

It began with friendship

BY JENNIFER DUFFIN

"I thought her was my friend." That is how a 33-year-old University of Waterloo student starts her story, after wanted to remain anonymous, as she tells her date story.

April is Sexual Assault Awareness Month, and, according to a pamphlet from the Microaggressions Action Committee on Violence Against Women and Children, a non-profit organization in Toronto that works to prevent and eliminate violence against women and youth, two out of three women and one out of two males have been sexually assaulted at some point in their life.

Sexual assault is any sexual activity and/or touch that was forced or threatened, coerced or forced to engage against their will, or any sexual act to a person who has not provided consent.

A study found 81 to 85 per cent of victims were assaulted by someone they knew.

"I just him as a class during my first year," Duffin said. In the beginning, he wanted to be her tutor, but she turned him down, but when she explained that she was not interested and already had a boyfriend, he seemed OK with just being the tutor.

In Canada, a woman is sexually assaulted by forced intercourse every 17 minutes.

"We started hanging out outside of class time and in the beginning it seemed like a normal friendship," she said. "More than I think about it, there were subtle signs that seemed more romantic than friendship, like hugs that weren't hugs and small comments that would make me feel uncomfortable."

In cases reported to police, 50 per cent of sexual assaults occur in the survivor's or perpetrator's home.

"The night the incident happened, we were in his apartment watching a movie," she continued. "We'd done this before and now did he try anything."

She said she cannot remember the movie, because it was not long after the film that he began making advances toward her that she did not recognize.

When the movie started, she said she couldn't think of anything else but making a run of the situation solely.

"I kept thinking, 'I'll be OK, I'll make it out OK,' I knew I had to say something," she said. "I could stop talking, then it was over, but I just didn't want to be his wife."

She said as soon as she could she left and luckily, he didn't try and stop her.

"My boyfriend's name was right down the street from my mother's apartment. As soon as I got out, I ran home," she said. "I didn't know what else



Post-secondary-aged women are four times more likely to be sexually assaulted. Most victims suffer alone, but there are services out there that offer help.

to do."

She said her boyfriend was supportive and never forced her to do anything she did not want to do.

"I didn't want to force her to report the incident because I was afraid for her," said the victim's boyfriend. "At the time, I just didn't want to make her feel like I was pushing her away.... She needed to know that there are people who can help her."

She decided not to report the incident, but she does encourage others to do so.

"It wasn't the right choice

for me, but I know that I would have had the support I needed if I did," she said.

To this day, Duffin has only told a handful of people — her boyfriend, her best friend and her brother.

If you are a victim of sexual abuse and you don't know where to turn, there are services at Waterloo Region that can help.

The Women's Crisis Services of Waterloo Region offers a variety of programs to help women and their children make informed decisions and operate two shelters,

one in Kitchener and one in Cambridge.

The Kitchener branch is called Amelia House, which can be contacted at 514-544-5154. The Cambridge location is called Haven House, and can be reached at 548-670-5289.

Another support service at Waterloo Region is the Sexual Assault Support Centre of Waterloo Region. They provide individual support for individuals and their families. Their 24-hour crisis and support line can be reached at 525-747-6535.

Sorry I'm not sorry

Over the past couple of weeks, the media has come across times to pressure celebrities to issue apologies for some inappropriate things they said. I don't see the only one who is not asking about them.

The most recent celebrities to come under fire are Jane Birkin and Tim Curry.

Birkin made a joke during her TV show *Fashion Police* when she was critiquing German supermodel Heidi Klum's dress, saying, "The last time a German looked this fat was when they were pushing Jews into the ovens."

The *Anti-Defamation League* demanded she apologize for the "offensive and hateful" remarks, and Birkin, who is Jewish, refused and told the media that she was innocent to external people of the event.

Similarly, Curry was asked to apologize for being in a *Playboy* sex video that pulled him as gay actor. The video, which was posted on YouTube and



Sara Heston
Opinion

which warned of the dangers of having a gay, promiscuous boyfriend, was taken off the Internet to a large media backlash.

Curry wouldn't issue an apology, but instead released a statement saying, "Fox News (and will be remembered as nothing more than a giant culture hat that no amount of *Vladimir* could ever" which only fueled the fire more. But why should celebrities have to apologize for what they say? Are we as a society so sensitive that we can't laugh at a couple that say 'nope?' I understand because a more tolerant society, but a less racist to discuss someone's race.

I'm just a little bit of a comedian. Celebrities have no more right to say what they

please in anyone else, regard less of the fact that they have a much bigger audience than all of us combined, even more so in a world where it's easier with a push of a button, we have exposure to what you would think have better things to be reading about, sharing other celebrities and discussing a situation for the most reasons.

And it isn't just celebrities who are under fire. Any writer, journalist, or public figure who says something that doesn't please everyone has to take back what he or she said.

If we're reluctant to report a person in this age for political correctness, and quite frankly, it's boring. If Jane Birkin was told to apologize for every offensive statement she made, she would never have had a career as a comedienne.

People need to lighten up, learn to take a joke, and stop being so uptight about others who are speaking their mind.

COURTESY CAN HELP THOSE IN NEED



Workers at 444 St. Charles.

A worker loading and unloading with a forklift. Workers needed to be released early in the morning on April 11. The work was not the easiest, was close to perfect, but the kind of work needed to be done to be a man in a wheelchair just safety.

Connect workshops foster leadership

BY KELA HADJIMIRIAN

Some may view a leader as a bold, charismatic and powerful person at the head of a group, but in the words of Student Life program manager Joshua Robinson, "leadership is action, not position."

This is the idea the Connect Leadership workshop series has brought to hundreds of students since the workshops started in 2009.

The Student Life department at Connecticut developed the workshops to show students they can be a leader whether or not they fit the stereotypical notion of what a leader is, and that leadership can be found in everyday actions and choices.

"We really look at everyone as having leadership capacity and leadership ability," Robinson said.

Since the Connect workshops started, Student Life has seen over 800 students participate per semester with an average attendance of 25 to 35 students per workshop.

According to Robinson, last

semester they ran 14 workshops at three campus sites and two at the Cheshire campus. This semester they ran 14 workshops at the Storrs campus.

If a student can't make it because of conflicting schedules, there will be one to either choose to make it to on its own.

"We run them twice per semester so a student has the opportunity to take them at four different times through our work academic year," Robinson said.

In the series, there are seven workshops that fall into one of three main categories: Connect With Yourself, Connect With Others and Connect With Community.

If a student completes any one or more of the workshops before they graduate it will show on their transcript, but if a student completes all seven, they will earn a certificate provided by Connecticut president John D'Elia.

In addition to looking good on a transcript, Robinson said, Student Life's goal was to

make the workshops accessible and relevant to all of the college's students, regardless of what year or program they are in.

They began a pilot course and invited students who graduated in December, but completed six of the seven workshops. Although the last one won't be on her transcript, Dugard is allowed to finish the series and receive the certificate in September.

I really liked that they put leadership workshops not only in a developmental course, where that theme is just one of many real lessons in each of them," she said.

The Connect series was developed in 2009 through a college advisory committee made up of Student Life staff, faculty, college staff and students, and it continues to be shaped by students' reactions after each workshop to better serve the participants.

"We're looking at the student as a whole person, not just their academics, but just outside of the classroom, how they're bringing all of those



Amy Dugard (left) and Justin Higgins look at an alumni mentor poster before seeing the first class of a leadership training activity at the first Connect workshop on April 2 at the Storrs campus. This was the first workshop in the Connect series for the school.

pieces together and how their relation to students today is

look at themselves as leaders," Robinson said.

ENJOYING SPRING WHILE IT WAS HERE



PHOTO BY KELA HADJIMIRIAN

Mike Muesel enjoys the brief warm weather on March 20 while playing his guitar outdoors at Windsor Park. The upcoming week here is an ice storm, with precipitation and lower than normal temperatures often a week of rain and snow.

Gardens grow at new heights

BY KARA LEE COOPER

Spring is finally here, and the sun is finally staying out longer. Some days it's even warm enough to go out with just a jacket. The birds singing and the sunlight all around can make you feel like you're in a little bit of the garden.

Many students, however, do not have a house or a yard to plant and grow flowers or vegetables. Instead, they are stuck in an apartment with a small rectangle of a balcony or their only outdoor space. However, all of that can be changed.

Balcony gardening is more popular than ever. According to some experts, you can start on some simple steps to consider before beginning your balcony garden.

The first one is to check any rules or regulations about balcony gardens. Sometimes there are regulations about balcony weight, so you may need to use lightweight containers or an alternative to traditional clay pots.

The next step is to make a plan. To do this you need to figure out what you want to grow, and what will be possible to grow. Some plants like sun, while others prefer shade. Figure out what the conditions are like on your balcony and then plan to grow

those items. Some fruits and vegetables such as strawberries and lemons are great for balcony growing because they don't require a lot of space.

"Once you figure out the growing conditions on your balcony, it's a lot easier to figure out what you want to grow on your balcony garden," said Jenna Lawson, a Garden resident and balcony gardener. "You don't have to just grow vegetables, you can grow herbs or flowers just for the aesthetic."

The last step is just design, plus when it's time to look into where, or just let it grow naturally for a more modern looking garden.



PHOTO BY KELA HADJIMIRIAN

Balcony gardening is the new thing in the apartment scene. Fruits, vegetables, herbs and flowers will make your balcony look like a garden. Many residents with a green thumb



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ARTS AND CRAFTS
BY MONICA KOSKOWSKI

When it comes to today's youth, most have lost the ability to put their hands and minds. However, not all have. Just down the road, in a classroom at the Kitchener Waterloo Art Gallery's Expressions 38, an art exhibition that displays artwork from schools across Waterloo Region.

The annual event runs every April, with the call for entry having gone out in October. The program is organized, like *Order Thompson*, made reference to all schools, including private schools, so the upcoming theme Teachers take the information to their students and without influence, give them free reign to create their works of art.

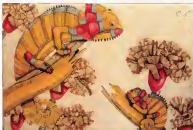
This year's theme, *Stronger and Wonderfuller*, was inspired by artwork from last year's show, *The Purple People* Series. *Order Thompson*

always uses an eagle, so she refers to it, from the previous year to inspire the upcoming year.

Over 500 works-of-art from 25 to Grade 12 arrived in February and had to be sorted and organized, taking approximately two weeks to go through.

Order-Thompson came up with the theme after being inspired by the art exhibited last year by Grade 2 students from St. Mary's Catholic Elementary School. She believed the theme would have a lot of fun and creative works. She expected a lot of monster this year, but received so much more. One class sent in such monkey portraits, while another class sent in pictures of conversation items that were used in unconventional ways. For example, one piece was based on a head pencil, but you could be sure to look to see it.

The exhibit runs until April 29.



Expression 38 at the Kitchener-Waterloo Art Gallery features artwork from schools throughout the region. The artwork above is based entirely on a lead pencil, submitted by Alexis Shinkov.



The exhibit displays a variety of diverse pieces, from sculptures and paintings to drawings and even a video.

EASTER EGG HUNTS ARE GOING TO THE DOGS

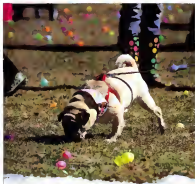


PHOTO BY STEPHAN LUTHEWITZ

Hundreds of families and their four-legged friends attended the annual National Service Dogs Easter Egg Hunt for Dogs at Englewood. The event attracted several pups who searched for treats inside plastic Easter eggs on the morning of Good Friday, March 29. The hunt ended about 5:12:00.

Music is universal

BY JULIENNE BERRY

Melba Marie Miller (MMM) is holding a national talent search called My Song For Change.

According to their website, their mission is to engage, educate and foster youth living in African communities who are affected by extreme poverty through music and socially conscious art creating future community leaders. MMM believes in using the transformative power music has to influence people to make positive change.

Those at MMM feel that music has the ability to heal, transform, connect and enrich people's lives. That is why they chose to work with Western Union Canada to launch My Song For Change.

The contest encourages musical self-expression from participants who must submit an original musical performance video. The song should focus on global issues and promote youth lives.

Julienne Berry, public relations person for Melba Marie Miller, said "There is no charge to enter the competition. Canadian ages 13 and up can submit a musical performance via our online por-

tal."

In order to determine the winner, there is an online voting system. The top 10 are chosen by those using the system and then an expert panel consisting of Dave Korman, founder of MMM, David Gortrell, a multi-platinum-selling music producer, Jayson Duvall, the director of production, marketing at Western Union Canada, and last 1996, guitarist in rock band Billy Talent, will pick the winner. Duvall said:

"There are a few important deadlines you need to keep in mind when making your video and voting. June 15 is the deadline for submitting your video. July 14 is the final day you can vote for your favourite video and the winner will be chosen on July 24."

The winner will have his or her song professionally recorded and produced with Gene McFadden of Stone 41 and live (Fox of Billy Talent) and the song will be developed into a music video. This prize is valued at about \$12,000.

To learn more about Melba Marie Miller go to www.mysongforchange.org and to learn more about the contest, My Song For Change visit www.mysongforchange.com